



Rotator Cuff Recuperation Plan

The following exercises are designed to help you strengthen the muscles of your rotator cuff as well as other muscles of your shoulder. Do these exercises at least one time per day to a mild feeling of fatigue.

While you are doing the exercises you should feel no irritation or stress in your shoulder. If you feel that your shoulder is becoming uncomfortable in the exercises then stop and reposition your body using the written instructions for proper alignment. If the feeling of discomfort continues then stop. When seated, keep your body in good posture and use your abdominal muscles to stabilize your pelvis and back and keep your pelvis from moving as you exercise. If you feel increased irritation then stop all exercises and consult with your doctor.

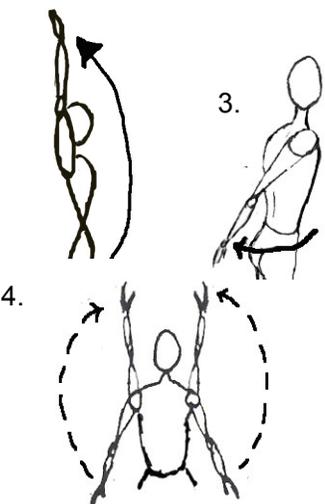
Remember to move slowly and smoothly, working on precise control in your movements. Remember to breathe slowly and don't hold your breath. You are seeking to enhance your mind to body connection so pay total attention to your exercise without distractions.

These exercises are not intended to diagnose injury or treat disease. Consult with your doctor if you have a medical condition. Not every condition responds positively to exercise. Be careful with yourself.

You are welcome to contact me with questions. You may email me (jbyrdyoga@yahoo.com) and check out my website at www.jbyrdyoga.com and my yoga insights blog at <http://jbyrdyoga.blogspot.com/>

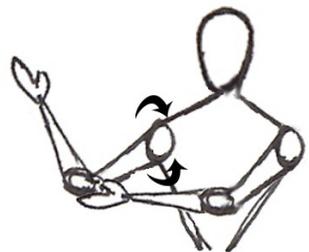
Wishing you the best of health,
Julie Byrd

Rotator Cuff Lesson Plan

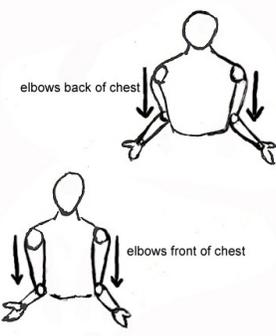
<p>Shoulder Warm up</p> <p>1. Your arms are beside your body.</p> <p>2.</p>  <p>3.</p> <p>4.</p>	<p>Benefits: Improves shoulder range of motion.</p> <ul style="list-style-type: none"> - Stand or sitting with good posture. 1. Slowly roll your shoulder up back down and forward several times then reverse the circles. Relax your arms by your sides. 2. Inhale and slowly lift your arms up and forward as high as comfortable. Exhale and slowly lower your arms to your sides. Repeat 2 to 3 times. 3. Inhale and slowly reach your arms back as far as comfortable. Exhale and slowly return your arms to your sides. Repeat 2 to 3 times. 4. Inhale and slowly lift your arms up and out to the sides as high as comfortable. Exhale and slowly lower your arms to your sides. Repeat 2 to 3 times.
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<p>First Rotator Cuff Action</p> <p>You will be standing or sitting with your arms beside your body</p>	<p>Benefits: warms up rotator cuff muscles</p> <ul style="list-style-type: none"> - Inhale and slowly rotate your arms inward as much as comfortable. Exhale and slowly relax your arms. Repeat 2 to 3 times. - Inhale and slowly rotate your arms outward as much as comfortable. Exhale and slowly relax your arms. Repeat 2 to 3 times. - <i>move only the distance you can in rotation without pain.</i>
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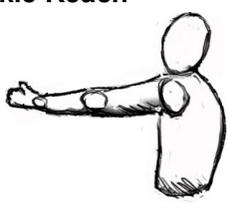
Go only to this second part if you can do the first action without pain.

<p>Second Rotator cuff action</p> 	<p>Benefits: gently strengthens rotator cuff muscles</p> <ul style="list-style-type: none"> - Bring one arm to below shoulder height and bend your elbow 90 degrees. - use your opposite arm to stabilize the working arm. - Slowly rotate your shoulder so that your forearm points upward. - Slowly rotate shoulders so that your forearm moves downward. - <i>move only the distance you can in rotation without pain.</i> - Repeat to mild fatigue. <ul style="list-style-type: none"> - Repeat on opposite side.
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Only take your arms higher in this one if you can do it without pain.

<p>Neck Relaxer</p> 	<p>Benefits: Stretches tight neck muscles and strengthens shoulder muscles</p> <ul style="list-style-type: none"> - Sitting or standing with good posture. - Bend your elbows and slowly pull your elbows behind your chest. - Gradually lower your shoulders and shoulder blades down toward your pelvis. <ul style="list-style-type: none"> - Feel a mild stretch near the top of your shoulder blades. - Relax the downward pressure. - Move your elbows in front of your chest. - Gradually lower your shoulders and elbows downward. <ul style="list-style-type: none"> - Feel a mild stretch near your collar bones. - Relax the downward pressure. - Repeat both positions to mild fatigue. <p>(Your neck can be tilted down and up to provide stretch during this exercise)</p>
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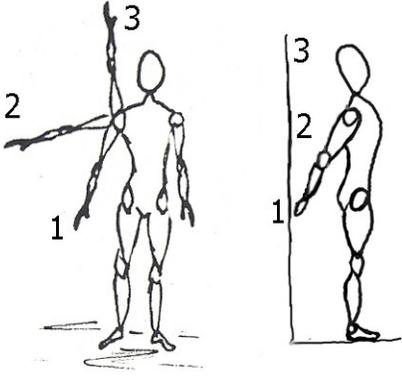
** To reduce effort the action can be created with arms relaxed by the sides

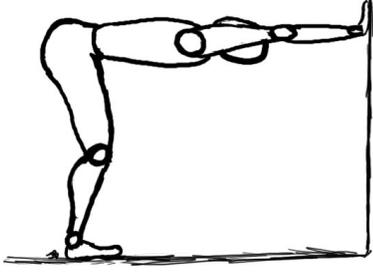
<p>Cookie Reach</p> 	<p>Benefits: Stretches posterior back and strengthens shoulder muscles</p> <ul style="list-style-type: none"> - Sitting or standing with good posture. - Slowly reach your arms forward as far as comfortable and separate your shoulder blades. - Slowly relax your arms back to starting position. - Repeat several times to a mild feeling of fatigue. <p>(Your neck can be tilted down and up to provide stretch during this exercise)</p>
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** To reduce effort the action can be created with arms relaxed by the sides

<p>Flowing River</p> 	<p>Benefits: Stretches and strengthens shoulder rotation.</p> <ul style="list-style-type: none"> - Sit or stand with good posture. - Place your hands near your waist, palms turned upward. - Inhale, bring your arms forward and touch your wrists together. - Continue forward and touch your elbows together. - Slowly separate your wrists, then your elbows. - Bring your arms out to sides - keep your palms turned up. - Exhale and begin slowly bringing your arms together. - Touch your elbows first, then your wrists. - Bring your hands to starting position with your palms up near your waist - Repeat the process again for several breaths
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Consult your physician before exercise if you have an injury. Use caution. Proper exercise does not produce pain. Avoid painful actions.

<p>Arms Reaching Back</p> 	<p>Benefits: Stretches front of chest and strengthens posterior shoulder muscles</p> <ul style="list-style-type: none"> - Stand with good posture 6 to 9 inches from a wall. 1. Start with your arms by your side and your palms facing forward. <ul style="list-style-type: none"> - Gently pull your shoulder blades down toward your pelvis. - Slowly pull your arms back toward the wall to a mild stretch. - <u>move only the distance you can without pain.</u> - Slowly return forward and repeat to mild fatigue 2. Now bring your arms to about shoulder height. <ul style="list-style-type: none"> - Slowly reach your arms back toward the wall to a mild stretch. - <u>move only the distance you can without pain.</u> - Keep your chin and chest lifted. - Slowly lower arms to your sides. - Repeat to mild fatigue. 3. Now raise one arm up over your head and lift shoulder upward. <ul style="list-style-type: none"> - Slowly pull your raised arm back toward wall. - <u>move only the distance you can without pain.</u> - Keep your arm as near your head as possible. - Slowly lower arm back to starting position and lower shoulders - Repeat with opposite arm - Repeat to mild fatigue
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<p>Wall Dog</p> 	<p>Benefits: Strengthens and stretches shoulder muscles.</p> <ul style="list-style-type: none"> - Stand at a wall with palms against wall about shoulder distance wide <ul style="list-style-type: none"> - gradually walk backward, bending at your hips (your goal is to get your chest level with the floor with your arms beside your head. Allow your knees to bend to reduce stretch in back of your legs) - Keep your hands on the wall and gently reach your chest toward the floor <ul style="list-style-type: none"> - hold a comfortable stretch for 10 to 20 seconds - Relax stretch, returning your chest to level with floor - Pull your hips back and reach your shoulders near ears (turtle in a shell) - Relax and return your shoulders to neutral - Pull your shoulders toward your hips keeping your arms in line with your ears (turtle out of shell) - Relax and gradually walk toward wall until standing upright
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<p>The Wave (external rotators)</p> 	<p>Benefits: Strengthens shoulder rotation.</p> <ul style="list-style-type: none"> - Begin in a resting position on one side. <ul style="list-style-type: none"> - Allow your head to tilt toward your upper shoulder (on a pillow is fine). - Move your upper shoulder toward your ear, then away from your ear so that your shoulder is toward your pelvis. - Pin your bent elbow against your side near your hip. <ul style="list-style-type: none"> - Begin to wave your forearm up and down. - Pivot your elbow against the hip so you move only at your shoulder. - Keep your movement slow and smooth. - <u>move only the distance you can without pain.</u> - Continue the movement until fatigue is felt. - Switch to the second side.
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